Sexual Health

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Overview

- Myths
- STI (sexually transmitted infection) Contraction Reduction
- Condom Use
- Increased Risk
- Statistics
- Contraceptives
- Protect Yourself
- Choices
- Navy/Marine Guidelines

Myths About Sex

- If I've had an STI once and have been treated, I don't have to worry about getting it again
- Withdrawal or pulling out is a good protection for STIs and pregnancy
- If I don't show symptoms after a few weeks of sexual contact, I must not have an STI
- If I used a condom, I am not at risk for STIs or unplanned pregnancy
- If my partner has never shown any symptoms of an STI, it is ok to engage in unprotected sexual behaviors

STIs - Contraction Reduction

Abstinence → 100% effective

- Assess your partner's risk status
- Obtain prior medical examinations
- Use condoms (correctly)
- Monogamy
- Common sense

Proper Condom Use – there is more than one step to [redacted]

Condom Demonstration video

Sex and Alcohol – Think Before You Drink

Statistics:

From Georgia Health Sciences University - http://www.georgiahealth.edu/shs/sexualhealth/sexalcohol.html

- Almost 50% of unplanned sexual encounters are under the influence of alcohol
- 80% of first sexual experiences occur under the influence of alcohol
- Alcohol impairment often leads to not knowing your partner, not having a condom available, not using a condom or not using it correctly

Be Honest With Yourself

One mixed drink with
• 1.5 fl oz (44 mL) of 80-proof liquor (such as vodka, gin, scotch, bourbon, brandy, or rum)
5 fl oz (148 mL) of wine
12 fl oz (355 mL) of beer or wine cooler
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Unplanned Pregnancy

- Discuss birth control with partner/PCM
- There are numerous contraceptive choices available at the NBHCBC:
  - Oral contraceptives
  - Depo Provera
  - NuvaRing
- Spermicides
- Condoms
- Diaphragm
- IUD
- Norplant
- Tubal ligation and Vasectomy

Protect Yourself

- **Abstinence**
- **Monogamy**
- **Open communication** (a must for responsible sex)
- **You and your partner should be tested**
- **Finding the best methods for you**

If You Choose To Have Sex

- Use CONDOMS and other barriers (proper protection)
- Reduce the number of sexual partners
- Do not have sex with “high-risk” people
- Stay sober

Navy/Marine Guidelines

- HPV – female and male beneficiaries age 11-26
  - Cervical Cancer Screening same with or w/out vaccine
- Plan B – emergency contraception
  - Rx at MTF (must see provider)
  - Limited to 2 pack in 6 months
- Chlamydia screening for sexually active women aged 25 and younger

Navy/Marine Guidelines Continued

- Cervical Cancer Screening
  - 1st screening at age 21
  - Women younger than 30 every 2 years
  - Women age 30 or older who have had three consecutive normal screenings may be screened every 3 years
  - Women infected with HIV should be screened 2 times in the 1st year of diagnosis and then annually
  - Well Woman exam - annually

Navy/Marine Guidelines Continued

- Mammogram
  - Woman age 40-45

Health Promotion

- **Counseling may include:**
  - **Diet & exercise**
  - **Sleep management**
  - **Stress management**
  - **Disease prevention**
  - **Risk reeducation (tobacco, alcohol/drugs, sexual health, etc.)**

Summary

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Resources:

- http://www.cdc.gov/std/default.htm
- http://www.uhs.uga.edu/sexualhealth/contraception/putoncondom.html
- http://www-nehc.med.navy.mil/Healthy_Living/Sexual_Health/sharp_statistics.aspx
- http://www.georgiahealth.edu/shs/sexualhealth/sexalcohol.html
- Manual of the Medical Department U.S. Navy (NAVMED P-117)
- Department of the Navy Bureau of Medicine and Surgery (NAVMED POLICY 09-006 and 07-005)